

Free NAMI Basics training: Feb 2 - Mar 16, Kalispell

FREE for Parents and Direct Caregivers of Children and Adolescents with ADD/ADHD, Depression, Bipolar Disorder, Anxiety Disorders, Obsessive Compulsive Disorder, Schizophrenia, and more.

A series of 6 weekly classes structured to help parents and direct caregivers understand and support children and adolescents with serious mental illness while maintaining their own well being. The course is taught by a team of trained NAMI family members and direct caregiver volunteers who know what it's like to have a child struggling with one of these brain disorders.

Topics covered will be the 'no fault' approach, the biology of mental illness, getting an accurate diagnosis, an overview of treatment options, the impact on family, communication, crisis management, the systems/agencies involved with your child, the importance of record keeping, and advocating and team building for you and your child.

There is no cost to participate in the NAMI Basics Program and you will be given course materials to take home. We invite you to call for more information. Pre-registration is required and class size is limited to 20.

NAMI Basics

February 2- March 16, 2009 3:00- 5:30 p.m.

Child Development Center 1725 Hwy 35 E. Kalispell

To register: call Stephanie Luehr 270-1086